

## High Cholesterol risks

### "HEART ATTACK" or "STROKE"

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ - بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ (سُورَةُ الشَّعْرَاءُ ٢٦ / ٨٠)  
"And when I am ill, it is He who(Allah) cures me"

Cholesterol is a waxy, fat-like substance that's found in all cells of the body. **Human body needs some cholesterol to make (1) hormones, (2) vitamin D, and (3) substances that help to digest foods.** Our liver makes most of the cholesterol our body needs. **Our body makes almost all the cholesterol it needs.** However, cholesterol also is found in some of the foods we eat.

Cholesterol travels through the bloodstream in small packages of fat (lipid) on the inside and proteins on the outside. Cholesterol is oil-based and so does not mix with the blood (which is water-based). It is therefore carried around the body in the blood by lipoproteins.

Coronary heart disease is a condition in which plaque (plak) builds up inside arteries. Plaque (plak) is made up of **(1) cholesterol (2) fat (3) calcium, and (4) other substances of blood.**

#### What Is High Blood Cholesterol and what are the Symptoms?

High blood cholesterol is a condition in which you have too much cholesterol in your blood. **Symptoms-** High cholesterol has no symptoms. **By itself, the condition usually has no signs or symptoms.** Thus, many people don't know that their cholesterol levels are too high. A blood test is the only way to detect high cholesterol. **High cholesterol levels will go unnoticed and could present a silent threat of heart**

attack or stroke. Everyone should have their blood cholesterol levels tested once every 5 years.

#### **4 Main types of cardiovascular Disease (CVD)**

**(1) Coronary Heart Disease**- when the blood supply to the heart becomes restricted

**(2) Angina** (an-JI-nuh)- If the flow of oxygen-rich blood to your heart muscle is reduced, sharp chest pain. It may feel like pressure or squeezing in your chest. The pain also may occur in your shoulders, arms, neck, jaw, or back. Angina pain may even feel like indigestion.

**(3) Heart Attacks**- When the supply of blood to the heart muscle is suddenly blocked or cut off. If blood flow isn't restored quickly, the section of heart muscle begins to die. Without quick treatment, a heart attack can lead to serious problems or death.

**(4) Stroke**-When the supply of blood to the brain becomes blocked

#### **Bad Cholesterol (LDL) vs Good Cholesterol (HDL)**

The higher the level of LDL cholesterol ( Low-density lipoprotein or **BAD CHOLESTROL**) in your blood, the GREATER your chance is of getting heart disease. The higher the level of HDL cholesterol -( High-density lipoproteins- **Good Cholesterol**) in your blood, the LOWER your chance is of getting heart disease. Over time, plaque hardens and narrows your coronary arteries. This limits the

flow of oxygen-rich blood to the heart.

Fat helps to absorb **Vitamins A, D, E and K**, the so called “fat-soluble Vitamins”. Fat also fills the fat cells and insulates the body to help keep you warm. The fats your body gets from the food gives two types of “ **Essential Fatty Acids (EFA)**”

**(1) Omega 3 Fatty Acids** -Omega-3 Fatty acids are utilized by the fastest functioning organs in the body. For example, omega-3s enable our hearts to beat properly, our blood to flow freely, our eyes to see, and our brains to make decisions faster and more clearly.

(1a) Plant Based Omega 3 Fatty Acid -Alpha linolenic acid (ALA) e.g Flax Seeds, Spinach

(1b) Animal Based Omega 3 Fatty Acids

**Eicosapentaenoic Acid (EPA) and docosahexaenoic acids (DHA)** and are highly unsaturated, mainly found in fish, shellfish and krill

**(2) Omega 6 type fatty Acid**- Omega-6s solidify and cause inflammation of the tissues. Some scientists link an excess of omega-6s in the human diet with such conditions as heart disease, stroke, arthritis, asthma, menstrual cramps, diabetes, headaches, and tumor metastases.

(2a) Plant Based Omega 6 Fatty Acid -Linoleic(LA) from Poly-Unsaturated Fatty Acid (PUFA) found in Sunflower and Corn Oil etc

(2b) Animal Based Omega 6 Fatty Acids - **Arachidonic acid (AA)**- AA is found in liver, egg yolks, animal meats and seafood.

**Ideal Ratio of omega-3 to omega-6 = 1:1.**

Several studies suggest that eating a diet with a high Omega 3 to

**Omega 6 ratio can lead to a reduced risk of cancer, cardiovascular disease (CVD), inflammation, developmental disorders, and cognitive aging.**

### **What Causes High Cholesterol**

**(1)** The primary causes of high cholesterol are **genetic** (from Family).

**(2)** Eating too much of (2a) **Saturated fats** and (2b) **Trans fats** increase blood levels of cholesterol and heart-disease risk.

**(2a) Saturated fats** (**Harmful dietary fat**) e.g. such as (Egg yolks 123% of DV-daily value), Coconut Oil, (whole milk -1 cup- 41%) Pure Ghee, butter, cheese, Kidney, (Liver-50gm-9%), (Beef 50 gm-17%), (Lamb 50 gm- 21%),

**(2b) Trans fats** (**Harmful dietary fat**)— Hydrogenated Ghee, fried foods and packaged foods, such as cookies, crackers, and chips.

**(3) Certain Diseases:** (3a) Diabetes (3b) Liver or kidney disease

**(3c) Polycystic ovary syndrome**

**(3d)** Pregnancy and other conditions that increase levels of female hormones

**(3e) Underactive thyroid gland.**

**(4) Medicines/Drugs** that increase LDL cholesterol and decrease HDL cholesterol (progesterins, anabolic steroids, thiazide diuretics, beta-blockers, estrogen and corticosteroids).

**(5)** Being **Overweight** may increase triglycerides & decrease HDL

**(6) Cigarette Smoking-** Smoking can lower your HDL

**(7) Lack of physical activity** can lower your HDL.

### **Cholesterol lowering Foods**

Some foods that actively lower cholesterol levels:  
Monounsaturated Fatty Acids MUFA (Reduce bad cholesterol) Most preferable **HEALTHY**

**(1)** Olives and Avacadoes - Cholesterol Reduction:18%

**(2)** **Boost or increase your Omega-3** (**Healthier dietary fat**) Omega-3 Fatty acids are utilized by the fastest functioning organs in the body. For example, omega-3s enable our hearts to beat properly, our blood to flow freely, our eyes to see, and our brains to make decisions faster and more clearly.

**(2a)** Fish high in omega-3 fatty acids include salmon, tuna, trout, mackerel sardines, herring and anchovies. Eat fish twice a week or Krill capsules

**(2b)** **Flax Seeds** Cholesterol Reduction:8-14% eat 25-50gm/day

**(2c)** **Spinach** and other dark leafy vegetables high in ALA. **Lettuce (Salad ka Patta)**, cauliflower, cabbage, garden cress, bok choy, broccoli, brussels sprouts

**(3)** Eating plenty of **Fiber** helps lower your risk of heart disease.

**(3a)** **Beans.** Beans are especially rich in soluble fiber. They also take awhile for the body to digest, meaning you feel full for longer after a meal. Examples kidney beans to lentils,

**Uradh Dahl Black gram**, garbanzos, black-eyed peas.

**(3b)** **Oats and Barley** - providing the soluble fiber beta glucan

**(3c)** **Barley** (cholesterol reduction by 7-10%) & other whole grains.

**(3d)** **Pomegranate, Apples, grapes, strawberries, citrus**

**fruits.**

**(3e) Eggplant and okra.** are good sources of soluble fiber.

**(3f)** Soya foods (15g a day) - soya milk, soya desserts, soya meat alternatives, soya nuts, edamame beans and tofu

**(4) Nuts.** A bushel of studies shows that eating almonds (cholesterol reduction by 7-10%), walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%.

**Nuts have additional nutrients that protect the heart in other ways.**

(5) Plant sterols/stanols - found in a wide range of foods

(6) Take regular exercise. Achieve and maintain a healthy weight.

(7) Choose low fat dairy products, lean meats, fish & skinless poultry

(8) Adopt healthier cooking methods (e.g. steaming, baking) more often. (9) Opt for fat-free or low-fat foods

### **Cholesterol lowering Medicines**

**(1) Krill oil capsules (2) Fish Oil (3) Statins (4) Bile acid resins (5) cholesterol absorption inhibitors (6) Fibrates**

### **Avoid Foods that are **bad** for Cholesterol Levels**

Bad Cholesterol is mainly found in:

**(1) Egg yolks, organ meats liver, shrimp, processed meat**

**(2) Whole milk, butter, cream, cheese, margarines, Ghee**

**(3) Cut Your Omega-6 (Indians eat Omega 6 to Omega 3 ratio**

12:1) (Ideal ratio 1:1)

(3a) Use Olive oil more & reduce vegetable oils sunflower or corn oil.

(3b) Limit processed foods- Some processed food manufacturers use cheap vegetable oils to mass produce their products.

(4) Avoid smoking

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(1) **High Cholesterol** Risks-“**HEART ATTACK**” or “**STROKE**”

(2) **Knee pain** exercises to help pray daily Salah conveniently in all postures “Standing, Rukoo and Sujood” etc [only pictures of exercises]

(3) **Uric Acid** control by normal Diet [English / Urdu]

(4) **Stop Coughing** in 3-4 minutes summary [English / Urdu]

(5) **Cough remedy** Parts [1,2,3]

(6) **Diabetes Cure** by “Tibb-e-Nabwi’s” Diet-Summary only [English]

(7) **Diabetes Sugar Cure** detailed article 4 parts

(8) **Diarrhea** (الإسهال) (Bilqas) (Loose watery Motions)

(9) Deficiency of Vitamins B6 & B12 (old persons take care)

(10) Benefits of **Dates** (12) Benefits of **Barley Water** (diuretic)

(11) Benefits of **Olives** (13) **Sesame**

(14) Beemariyon ka Elaaj Quran wo Sunnat sey (Urdu)

Ruqia Shariah – Jadoo Ka Ellaaj, Nazre Bud, (see Urdu (15) Books 9, 10, 15 on Blog

+ More than 50 Books, articles and pamphlets on islam in English, Urdu and Telugu.

Best Regards/Mirza Ehteshamuddin Ahmed (Hyderabadi)